



SAUSAGE, PLUM & RED ONION CIABATTA

with Roasted Garlic Mayo and Rocket



HELLO THYME

The Ancient Egyptians used thyme in the mummification process.



Red Onion



Thyme



Plum



Lemon



Garlic Cloves



Pork & Oregano Sausages



Mayonnaise



Ciabatta



Rocket

MEAL BAG

45 mins

1.5 of your 5 a day



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, some **Baking Paper** and two **Large Baking Trays**. Now, let's get cooking!



1 CHOP THE VEGGIES

Preheat your oven to 200°C. Halve and peel the **onion**. Chop each half into three wedges. Pick the **thyme leaves** from their stalks (discard the stalks). Halve the **plums**, remove the stone and slice the flesh into 2cm wide wedges. Zest the **lemon** then chop in half.



2 PREP THE SAUSAGES

Pop the **onion** and **whole garlic clove** (peel on!) onto a large lined baking tray. Nestle the **sausages** in the middle of the tray. Sprinkle over the **thyme leaves**, **lemon zest**, a pinch of **sugar** (if you have any) and a good pinch of **salt** and **pepper**. Drizzle over a little **oil** and toss to coat everything evenly. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



3 TIME TO ROAST

Place the tray onto the top shelf of the oven to roast until the **sausages** are cooked through and the **onions** are golden and charred, 25-30 mins. **! IMPORTANT:** The sausages are cooked when they are no longer pink in the middle! Halfway through cooking, add the **plums** to the tray and give everything a good toss before returning to the oven for the remaining 12-15 mins.



4 TOAST THE CIABATTA

In the meantime, pop the **olive oil** (see ingredients for amount) into a large bowl. Add the **juice** from **half** the **lemon**, a pinch of **sugar** (if you have some) and season with a pinch of **salt** and **pepper**. This is the **dressing**. Set to one side. Five mins before the **sausages** have finished cooking, slice the **ciabatta** in half widthways and pop onto another baking tray (cut-side up!). Toast on the middle shelf of the oven until warm and slightly crisped, 3-4 mins.



5 MAKE THE AIOLI

When both trays are out of the oven, and the **garlic** is cool enough to handle, carefully squeeze the **garlic clove(s)** out of their peel into a small bowl. Mash the **clove** with the back of a spoon, then add in the **mayonnaise**. Mix well to combine and season to taste with a pinch of **salt** and **pepper**. Spread the **garlic mayo** on the cut side of each **ciabatta half** and get ready to serve.



6 ASSEMBLE AND SERVE

Build your **sandwich** by halving each **sausage** lengthways and arranging two **sausages** and some **caramelised onion** and **plum mixture** on top each **ciabatta base**. Pop the **lids** on top. Add the **rocket** to the bowl with the **lemon dressing** and toss to lightly coat the **leaves**. Serve it on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	2	3	4
Thyme *	½ bunch	¾ bunch	1 bunch
Plum *	2	3	4
Lemon *	½	¾	1
Garlic Cloves *	2	3	4
Pork & Oregano Sausages 13) 14) *	4	6	8
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Ciabatta 11) 13)	2	3	4
Rocket *	1 bag	1 bag	2 bags
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 502G	PER 100G
Energy (kJ/kcal)	3512 / 840	700 / 167
Fat (g)	48	10
Sat. Fat (g)	13	3
Carbohydrate (g)	74	15
Sugars (g)	19	4
Protein (g)	31	6
Salt (g)	2.88	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 9) Mustard 11) Soya 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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